

Vol. XXVII, Issue 1

Huc wiconi nā wira | First Bear Moon

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Tribal members come out to make Idle No More rally happen



Ho-Chunk tribal members, Phyllis Smoke and her daughter Tori Cleveland, hold the Idle No More banner

Marlon WhiteEagle
Staff Writer

On Saturday, January 13, some Ho-Chunk Nation tribal members took part in the "Idle No More" Solidarity Peace Rally that was held outside the Wisconsin State Capitol building. Tribal members helped out where they could,

some serving as organizers, speakers, singers, dancers, and sign holders.

The Idle No More movement began in Canada by four women: Jessica Gordan, Sylvia McAdams, Sheela McLean, and Nina Wilson. They were educating the public at a rally about the effects the Bill C-45 as

(Attawapiskat First Nation) announced her hunger strike until she could meet with Prime Minister Harper and the Governor General of Canada, David Johnston, to discuss Aboriginal rights. To date, Spence has not ended her hunger strike. She drinks water, tea, and broth, and has lost more than thirty pounds.

U.K., and Germany.

The Madison Idle No More Solidarity Peace Rally was held on a Sunday afternoon in cold temperatures. The rally was organized with the help of Ho-Chunk tribal members Arvina Martin and Sanford Littleeagle. They organized speakers and drums. The rally featured the Overpass Light Brigade, a group who grew out of the effort to Recall Wisconsin Governor Scott Walker and have been helping people promote their causes with their lighted messages.

It also featured a couple Ho-Chunk tribal members who spoke to the masses: Forrest Funmaker and Wilfrid Cleveland. Funmaker has strong ties to Canada; he holds dual citizenship from the U.S. and Canada. Cleveland made an impromptu speech after a speaker did not show. Other speakers were Oneida Chairman Ed Delgado, Chuck Davis, and Sarah LittleRedFeather Kalmanson.

the capitol building.

The Idle No More movement wouldn't be where it's at without Facebook and YouTube. One blogger at the Madison event said once she uploads her videos, they go worldwide. You can see many of the Idle No More events on YouTube, and if you want to attend, Facebook is full of events.

Funmaker shared his thought about the Madison event in a Facebook post: "Idle No More Madison was pretty good. That sign "Honor the Treaties" burned a lasting image in my mind. There were so many good things that happened that day. It was good to share the struggle with my people. Keep us strong!"

Martin also shared her thoughts on Facebook; "It may have been exceptionally cold yesterday, but I still feel warm inside thinking about Madison's Idle No More Rally yesterday. It was beautiful to see so many people from out of town willing to stand in the cold in solidarity with our brothers and sisters in Canada as well

Continued on Page 3



Honor the Treaties message

proposed by Canadian Prime Minister Stephan Harper. Harper's omnibus Bill would weaken environmental laws and tribal sovereignty.

From that point, more rallies and protests were organized to oppose C-45 leading up to December 10, Amnesty International Human Rights day. On the same day, Chief Theresa Spence

The Idle No More movement has been supported by flash mobs, where singers with hand drums would sing round dance songs and attendees would round dance. Rallies and protests occurred in shopping malls and other public locations in many major cities in Canada. Throughout December 2012, the movement spread internationally, with rallies, protests, and demonstrations happening in places like Japan, New Zealand, U.S.,

A group of Ho-Chunks sang together at one of the two drums present. On the Ho-Chunk drum were Forrest Funmaker, Geoff Lonetree, Kelly Logan, Matt Mann, and Sanford Littleeagle.

The Overpass Light Brigade messages were "Water is Life", "Honor the Treaties", "Protect the Water", and lastly "Idle No More". The Idle No More message was illuminated while the rally participants marched around



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Want something special placed in the Hocak Worak?
Limited space is available so send your request in early.
Submissions will be handled on a first come first serve basis.

From The Office Of The President



To the Ho-Chunk People:

Well, the holiday season has passed and I hope everyone had a good time with their loved ones whenever possible. I certainly did & just like many, it wasn't nearly enough time off. I have an opportunity to take a little time off this month before the budget season takes us through another busy part of the year. We are fortunate to have an upcoming fiscal year that will most likely better serve the membership thanks to a watermark year at our facilities. My thanks to all the workers who have just been at steady, top-notch performance.

Couple the budget process with the start of the election season, we're in for an active spring and I'm anticipating that there'll be many looking to be a part of an era of continuous forward progress. We are rolling out some of the initiatives I know last year's funding just wouldn't adequately support and over the course of this term, I see many of the wishes mapped out early on coming to fruition.

While much of my time has been dedicated to more internal but essential administrative duties, I've kept my commitments to the districts by making sure I get

out to as many areas as I can each month to listen to what needs to be done. I thank those District Legislators and area members for welcoming me to their meetings.

I know that we have some big battles ahead on some legal challenges of our gaming rights and threats to our environment particularly with regard to mining in the state. With the recent energy brought by the Idle No More movement, we can't pass a great opportunity to demonstrate our own sovereignty and unity with our brother and sister tribes. Although the circumstances it comes is at the unfortunate

expense of Canadian First Nations, we can't pass this opportunity to demonstrate the strength of our sovereignty through active engagement and good shared governance.

I feel I am blessed each day with this great privilege to serve each of you and look forward to continuing to march this Great Nation forward with strength and confidence.

*In the Service of the People,
Mqasusga
Jon Greendeer
President of the Ho-Chunk
Nation*

Native People

We, as Native People look at life in a circular fashion and we live our lives accordingly.

As we travel on the road of life we have encountered many blessings and hardships.

We may have experienced a hardship and realized that we could learn from this experience.

On this road that we travel we met people who touched us in a special way.

We have many teachers in life, from tying a shoestring to

learning how to care of others.

We may have had the opportunity to live with grandparents who shared their wisdom.

What we learned is not found in a book and we grasped great wealth from their teachings.

So as we travel we will learn many things about what life has to offer.

Our life is touched when we meet a person who plants a seed that flourishes into a

flower.

Our teachers come in many forms, it may be an elder, another family member or a friend.

We learn by watching and imitating our grandparents, parent, siblings or others.

We have a responsibility to teach our children the good and meaningful way of life.

I remember seeing my grandmother making a beautiful piece of jewelry and giving it away.

She showed me the generosity of giving rather than receiving which put value in my life.

She had a creative and imaginative mind and this showed in the items that she created.

She would look at something and make an exact replica of that item.

These may seem simple to someone else but to me it left an indelible mark.

We learn that Native People have fondness and respect for all things.

When they take the time to create such beauty I know they possess imagination.

These are the things I have observed about Native People which is extraordinary.

Native People shape their values in what they do for others and then themselves.

They possess uniqueness, creativity, and distinctiveness in their grasp of life.

I have been able to view the beauty of Native People through my eyes.

I am able to write about the beauty that Native People possess with much joy.

As I view life I am able to feel happy with where I have been and what I have seen.

The gifts the Creator has given to each of us should be enjoyed and cherished.

For these are the pleasures of life and need to be kept in a special place in our heart.

If we live each day with few expectations our blessings will be many.

This is dedicated to those elders who have touched my life immensely.

Manak suc jeiga RMD

Rita Briant Proprietor
Formerly of Turtle Island Beads

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The Hocak Worak encourages the submission of letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content.

The Hocak Worak reserves the right to reject any advertising, material, or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the Hocak Worak. The Hocak Worak will not assume any responsibility for unsolicited material.

Submissions deadlines for the Hocak Worak are by 4:30 PM. We cannot guarantee the publication of submissions meeting these deadlines if the space is not available. No part of this publication may be produced without express written consent from the Editor.

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The Hocak Worak is a member of:

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HOCAK WORAK NEWSLETTER

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Thief, ban from Tribe

I was just reading an article about an Indian stealing from his own tribe. Considering the amount that was stolen, the judge let him off easy. He got a slap on the wrist. In Indian country, crime does pay.

Since the government courts will not hold them accountable, why can't we do it. Here is something all Native Americans must talk about. Anyone who steals

from their tribe; they must be banned from the tribe. They lose all rights and privileges as a tribal member and their names and enrollment number taken of the tribal roll. All tribal members could ask for a constitutional vote on this. They say, "Once a thief, always a thief."

*Thanks,
Pat Greyhair
Maxi Ska gah*

Reader responds to Barbara Decorah letter

In the December 14 issue of the Hocak Worak you published a letter from Ms. Barbara Decorah in which she described the many health problems of her son, Calli Joe Decorah and how, throughout his courageous struggle, he has maintained a positive attitude and a love of life.

I was very moved by her letter and want to give encouragement to her and her son. I have written a letter to Barbara; however, I don't have her address. I am enclosing the letter and ask you to please forward it

to her. Also, I have written a letter to Calli and have enclosed it in Barbara's letter for her to give to him if she wishes.

The people of the Ho-Chunk Nation can be proud that among our people we have such a fine, courageous young man as Calli and his loving, devoted and supportive mother. God bless them.

*Thank you.
Sincerely,
Kent Kirkwood
Mount Prospect, IL*

**Attention: The Next Deadline of the
Hocak Worak will be Jan. 25th which will be published on Feb. 1st.
Please contact Enrollment at ext. 1015 if you have a change of address or
would like to be placed on the mailing list.**

Idle No More

Continued from Page 1

as for our own treaty rights here in the US. Thank all of you for coming out."

On January 11, Canadian Prime Minister Harper met with numerous First Nation leaders to begin forging a "government to government" relationship. Spence did not attend the meeting due to the Governor General Johnston not being present during the meeting.

The Idle No More movement has stated its goals and vision in a January 11 press release. They say their vision is to promote "Indigenous Sovereignty to protect water, air, land and all creation for future generations". And their goal is to "education and the revitalization of Indigenous peoples through awareness and empowerment. Idle No More has successfully encouraged knowledge sharing of Indigenous Sovereignty and Environmental Protections".



Oneida Nation of Wisconsin Chairman, Ed Delgado, speaks at the rally



Overpass Light Brigade posts messages for the cause



Bloggers post rally videos worldwide on YouTube



Forrest Funmaker speaks at the Idle No More Solidarity Peace Rally in Madison, WI on January 13

Warm Up Winter

Submitted by Tara Ringler, Nutritionist

What's better than hot and delicious soup in winter? Well, a trip to Florida probably. But since I can't provide you that, below is a soup recipe that is easy to make, with simple ingredients. It is also low in sodium and full of filling and nutritious vegetables to help start or continue your 2013 healthy habits!

Creamy Vegetable Chowder

* Makes 8 cups

Ingredients:

- 3 tablespoons canola/olive oil
- 1 celery stalk, cut into small pieces
- 1 small onion, cut into small pieces
- 3 small green or red peppers, cut into small pieces
- 1 package (10 ounces) frozen whole kernel corn or peas
- 1 package (10 ounces) frozen spinach or green beans
- 1 medium raw potato, with peel, cut into small pieces
- 2 cups raw or frozen cauliflower or broccoli
- 2 cups water
- ½ teaspoon salt
- ½ teaspoon paprika (optional)
- 4 cups milk, fat-free or low-fat
- 4 tablespoons all-purpose flour
- 2 tablespoons chopped fresh parsley (optional)

* Chopped and cooked skinless chicken or turkey

breast/pork chop or beans would be a great addition

Directions:

1. In a large saucepan, heat oil over medium-high heat.
2. Add celery, onion, and pepper; cook for 2 minutes, stirring frequently.
3. Add corn/peas and spinach/green beans.
4. Add potatoes and cauliflower/broccoli.
5. Add water, salt and paprika (if using).
6. Bring to a boil.
7. Reduce heat to medium and cook, covered, about 10 minutes or until potatoes are tender.
8. Pour 1 cup of milk into a jar or container with a tight-fitting top; add flour and shake vigorously.
9. Add gradually to cooked

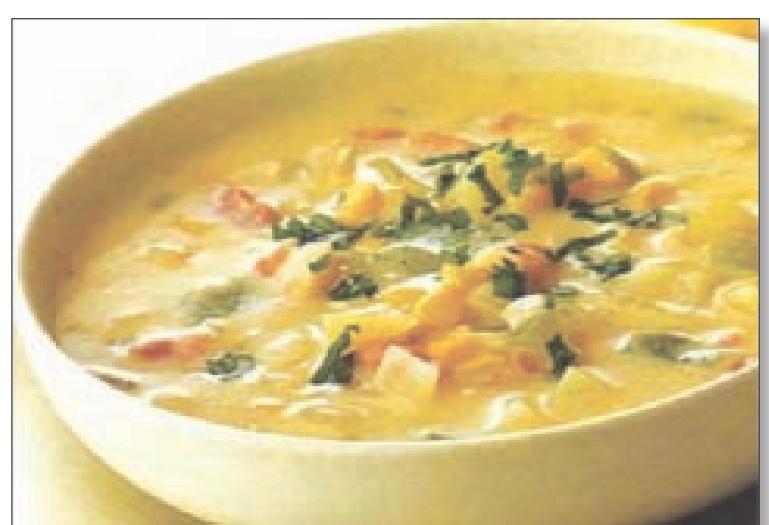
vegetables; stir well.

10. Add remaining milk (3 cups).

11. Cook, stirring constantly, until mixture comes to a boil and thickens.

12. Serve garnished with chopped fresh parsley and black pepper to taste, if using.

Please feel free to call 888-685-4422, Ext. 5340, for further information.



The Most Essential Piece of Any Activity Plan

Submitted by Chris Frederick HCN Exercise Physiologist

Some of us spend a lot of time and energy reading and researching the latest diet and exercise tips, the must-have equipment, food labels, BMI charts, etc. It's a good idea to be looking to get the most out of our healthy living plans by focusing on the details and making sure it fits our needs and lifestyle. However there is one universal piece of every activity plan regardless of a person's age, ability, gender, weight, etc. That one piece is a person's attitude.

The best-constructed exercise programs are useless without a sense of self-worth, dedication, and motivation. No piece of exercise equipment or

advice from an expert can come close to the awesome power of a self-motivated individual. All of us are capable of amazing things when we feel empowered. Empowerment can be described as when a person realizes and acknowledges that the authority to lead the journey of his or her own life is in nobody else but him or herself.

So how do you achieve a sense of empowerment over your fitness? First of all, be honest about what motivates you. Be sure to define this for yourself and not what others may want. For example, if you want to be fit to be there for your family for years to come – don't just focus on how that will benefit your family, but be a little selfish

and think about how much you will be enjoying watching them grow, reach their goals, and maybe start their own families. If losing weight is a goal, don't focus as much on how others are going to notice you when you reach your goal, but how good it will feel to be comfortable with yourself in all situations or how healthy you're becoming. The bottom line is when your motivation really comes from within and you are striving for goals that you own, your chances of success skyrocket.

Next, don't underestimate how great the feeling of control can be. Often times our lives can feel overwhelming and out of control. Your health is something you own and no matter how skilled – no

expert, trainer, Dr., or nurse can have half the impact on your well-being as you can. So when the inevitable roadblocks to a healthy lifestyle pop from time to time, don't get discouraged or down. Remember that when you're in control you get to lead the way and dictate the outcome, so how can you be anything but successful?

Another great benefit of taking control of your health and activity is the immense satisfaction of reflecting on your accomplishments. Nothing is better than reaching a goal and knowing that you made it happen. It will be hard to stop you from reaching your new goals when you're carrying around the pride of having done what at one time seemed out of reach.

If you're not there yet, take a moment to imagine what that would feel like.

Lastly, being self-empowered doesn't mean being alone. Don't be afraid to share your goals and successes with those close to you. A good support system can only help on your journey to health. Take advantage of the many professionals that the HCN Health Department provides for us – Dr.'s, nurses, educators, dieticians, exercise physiologists, behavioral health professionals, etc. Just keep in mind that others are "support", but you are the engine that powers the machine of your success.

Kendall Tallmadge studies at the University of Colorado

Sherman Funmaker
Staff Writer

The oldest daughter of Lance and Annie Tallmadge was born in Baraboo Wisconsin and raised all her life in the Dells. She attended Wisconsin Dells High School where she said that she was a typical student and until her asthma kicked in, a decent track star.

"The asthma pretty much ruined my track career," she laughs.

She said she also played alto sax from 7th grade up till she graduated high school. "I thought that the alto sax was cool." She added.

She said she played a bit in college, but said she quit "because I didn't like the person I had to sit next to" she laughs. So...for now she has put down the sax to give her full attention to her studies.

A humble and kind of shy young lady that has a lot going her way, she is a happy-go-lucky young lady that has had many doors opened for her.

Her parents explained that they had not the privilege of being able to attend college

and encouraged her and her sister Kelsey to study and travel.

She explains that a family friend got her involved in archeology and that friendship helped steer her toward what may be her life's work.

After graduating high school in 2005 she attended Beloit College after learning that that was where this family friend also went to school and also the school had a good Anthropology program. While there she found out that the school had a museum studies program so her junior year she got to do her work study at the Logan Museum working in their Education department.

While at Logan she helped organize the Native Awareness Month activities for 2 years.

She received her Bachelor's Degree there.

After that she took a year off and did an internship at the School for Advanced Research in Santa Fe, New Mexico working at the Indian Arts Research Center. That was in 2009 when she was chosen to intern there. While there she had to do a personal

research project, which she said she never had to do and so with her dad and family involved in the cultural education and tourism she began looking into indigenous cultural tourism.

"That's also one of the reasons I applied to grad school so I can continue to do this research" she said.

Kendall will be coming back here this summer to do field work for her Anthropology thesis and said she will be looking for people to collect oral histories from. Hopefully she will be able to get stories from people who worked at the Dells Park and other local historical sites.

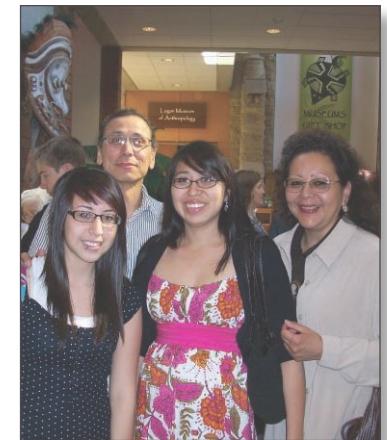
"I started doing some interviews a couple of years ago to see if there was certain way of doing that and to see which direction the interviews might take" she said.

Two years ago when she started her research she was only talking to tribal members but this next summer she intends on talking to other locals who have been here and know maybe just as much history as the Ho-Chunk know.

"Native Americans from

all over the Nation have been involved in tourism for many years, I found out from my research but Anthropologists don't want to write about it... you read these books and ask yourself if that is what's really going on, so I guess that's a part of the reason that I want to continue my work in this area. I believe it's one of the reasons why the Ho-Chunk are economically successful today."

She is currently seeking a MBA so that she can help indigenous people with business and entrepreneurship. She wants to be able to help other Natives and communities with



Kendall with her parents Lance and Annie Tallmadge, with sister Kelsey.

her education and training, also giving back to her people.

Kendall is seeking a Double Masters at the University of Colorado, Anthropology and also an MBA. She hopes to have both by December 2013.

I do hope she sits next to someone she likes.



Presenting research in Santa Fe, NM.

Teen Read Week posters use Ho-Chunk students

Sherman Funmaker
Staff Writer

With a grant from the Dollar General Literacy Foundation, Penny Johnson, Teen Library Specialist with the Baraboo Public Library, produced a series of "Read" posters which featured some of the local Ho-Chunk students.

The posters were produced in conjunction with "Teen Read Week" which was last November.

Although the pictures were taken last November, the finished product only recently came out for display.

Penny stated that the grant was also administered by the Young Adult Library Services

Association, which is division of the American Library Association.

When writing the grant she had in mind how she and the Baraboo Public Library could help keep relations with the Nation's youth centers.

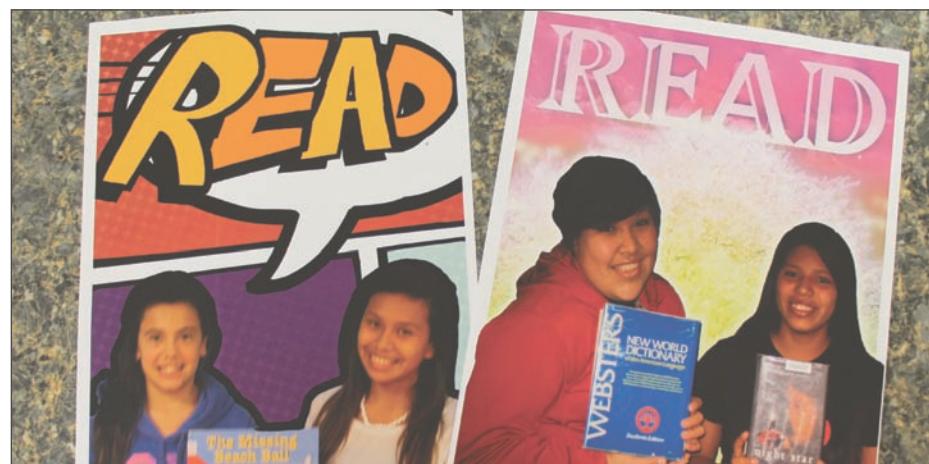
After speaking to youth worker Chuck Davis, they came up with a schedule

when the pictures could be taken. Ten Ho-Chunk youths were involved in this series but Penny said she is working on more posters that would feature more tribal students and also possibly branching off and doing a series of posters that would address more Native issues.

"The kids were very

enthusiastic about helping with this project" Penny said.

There was also help from the South Central Library System who did the actual printing of the 11x17 inch posters. The posters will soon be on display at several Ho-Chunk facilities in the area.



Abigail Johnson and Alycia Bear, Erika Houghton and Justine Rasha



Neola Walker and Evelyn Funmaker, Sedrick Hindsley, and Tristan Walker



Cheyenne Mike and Zoe Fess



Penny Johnson for the Baraboo Public Library

Arts and crafts a way of life for the Hindsley family

Sherman Funmaker
Staff Writer

Patricia Hindsley-Eagleman and her daughter Angelina are a team of beadwork artists who are very experienced at what they do.

"Our parents got us into feather work and bead work when we were young and it's something we intend to teach our kids and grand kids."

Patricia said.

The Hindsley family has been crafting beadwork and art pieces since childhood.

Patricia said that she remembers a time when they were young and first starting to learn the craft and how it was and still is a way of life for them.

She said that this is

something her and her family has been doing for quite a while.

Crafting dance outfits and setting up food stands were a way of life for the family and a way to make money back in the day.

With her brother Charles doing his work with turquoise and jewelry and sister Vicki designing a line of purses, among other beautiful items, it has truly become a family affair.

In between taking orders they have been setting up at the casino to sell their wares and the response has been good.

"I like meeting and talking to the tourists...getting to know people" Patricia said.

Both mother and daughter are constantly on the pow-wow trail and that life may not be for everyone but it seems to suit them well.

"It's kind of hard to hold down a steady job and be able to travel and do what we do, but this is what we love doing" Angelina said.

They work hard to create a good product and it all seems to work out fine for this talented pair.

Angelina would love to be able to open their own store sometime to sell their wares.

"We may have to hold off for a while, but it would be nice to have a permanent place of business" she said.

They are always on the lookout for new designs

and ideas for the products they want to produce. Their beadwork has been their bread and butter and as they were told when they were growing up, "if you know how to bead you should never be broke."

The family will let their arts and crafts speak for themselves. In the meantime they are doing what they enjoy and have no intention of stopping.



Mother and daughter work on their beadwork.



Samples of their beadwork



Their new designer headbands

Attention Ho-Chunk college students!

Interns Wanted

Applications accepted through April 5, 2013

To Apply:

1. Submit cover letter that discusses your educational history, academic major, both short and long-term career goals, desired placement site (if any), an explanation of how the internship will benefit you and the Nation
2. Send current resume or curriculum vitae (CV)
3. Most recent official transcript (*students currently receiving higher education funding need only submit transcripts once)
4. Two (2) letters of recommendation from non-family members

Completed applications/inquiries should be addressed to:
Marcus F. Lewis, Higher Education Division Manager
P.O. Box 667
Black River Falls, WI 54615
marcus.lewis@ho-chunk.com | (800) 362-4476—toll free

Applications are due April 5, 2013

Twelve (12) week experience

June 3 - August 30, 2013

The internship is a PAID position

Eligibility Requirements:

1. Must be an enrolled Ho-Chunk member
2. Must be a college student (tech or 4-year) spring 2013
3. Must be in good standing with the Higher Education Division
4. Must be in good standing with your academic institution



Reminder to all Ho-Chunk college students enrolled in spring 2013 classes:

The **ABSOLUTE DEADLINE** for submitting your Ho-Chunk Scholarship Application is two (2) weeks into the start of your school's term.

For students attending Wisconsin Technical System schools, the **ABSOLUTE DEADLINE is MONDAY, JANUARY 28**. Your Ho-Chunk Scholarship Application must be received by the Higher Education Division by that date in order to determine funding eligibility.

For students attending University of Wisconsin system schools, the **ABSOLUTE DEADLINE is TUESDAY, FEBRUARY 5**. Your Ho-Chunk Scholarship Application must be received by the Higher Education Division by that date in order to determine funding eligibility.

For all other students, your **ABSOLUTE DEADLINE** is two (2) weeks into spring 2013 term based upon your institution's academic calendar.

PLEASE NOTE: The only document that must be submitted by the aforementioned deadlines is the Ho-Chunk Scholarship Application. Other documents may be submitted later. To obtain a copy of the Ho-Chunk Scholarship Application or for further information:

1. Visit our webpage at: www.ho-chunknation.com/highered/; or
2. Request via email at: higher.education@ho-chunk.com; or
3. Contact us via telephone at: (800) 362-4476

Be sure to submit your Ho-Chunk Scholarship Applications prior to the Absolute Deadline!

If you received funding from the Higher Education Division in fall 2012, you **do not** need to submit an application for spring 2013! Your application is still valid. **ooooo**
However, summer 2013 applications are separate.

Radar speed sign goes up near the House of Wellness

Sherman Funmaker
Staff Writer

Traffic radar speed signs are effective in slowing cars down, particularly with today's highly visual, often distracted drivers. Also called speed display signs, driver feedback signs, and "your speed" signs, radar signs operate based on the feedback loop theory: when we are presented with information about our performance, we tend to notice and improve.

These feedback loops affect real and positive change on people's behavior. Radar speed display signs have been shown to slow drivers an average of 10%, usually for several miles. Using the radar

speed sign, you can change the way that motorists drive on your streets.

With the amount of tribal members driving and walking on White Eagle Road, where the sign is placed, it only makes sense to have this traffic speed reduction tool in place.

Studies conducted both in the UK and in the US have found radar speed signs to effectively slow traffic down. Although the overall speed reductions are generally less than those resulting from physical measures, the signs have the greatest effect on those drivers that are exceeding the posted speed.



Radar speed sign near the House of Wellness.

Ho-Chunk Nation Housing Survey

US Mailing – Please Complete – Return by February 1, 2013

Ho-Chunk Nation Housing Survey Information:

In the effort to continue to improve housing services, there is the crucial need for your participation on this survey to collect data.

The Nation's Housing Summit in Milwaukee was monumental, in that tough discussion was had on one of our most essential needs,

shelter. Attendees from Office of the President, Legislature, Executive Department leaders, and HHCDA respectfully and openly shared many issues, solutions and specific services each contribute to provide shelter for tribal members. While there was a great deal of discussion, there was a lack of cold hard facts, measurable

data, with concrete information from the Tribal membership itself on what the real need is out there.

The overall effort and commitment to improve housing within our Nation will include the drafting and adopting of a comprehensive housing plan that will benefit all tribal members. This huge undertaking is a reflection of

departments coming together and working together for the benefit of all tribal members.

This survey gives each you the opportunity to let both Housing Departments and Veterans Affairs know family composition & status, as well as housing preferences.

Please complete the survey and mail back immediately (by: February 1, 2013) and be a part of this effort in resolving our Nation's shelter issues.

Informational email: housing@ho-chunk.com

We bust you because we care.



The Ho-Chunk Nation Motor Vehicle Injury Prevention Program is partnering with the Jackson & Sauk County Sheriff's Departments to increase enforcement and awareness of distracted driving in our communities.

Don't Text & Drive!

Any questions please contact Nicole Thunder at 715.284.9851 ext. 5070 or nicole.thunder@ho-chunk.com

January 20-26, 2013



ONE TEXT OR CALL COULD WRECK IT ALL

Ho-Chunk Health Department Helps in Hurricane Sandy Relief

Submitted by
Ted Hall

On October 29, 2012 Hurricane Sandy touched land devastating the coastlines and outlying cities in the Northeastern states, producing the most damage to New York and New Jersey. Hurricane Sandy is the largest hurricane to ever hit the U.S. Mid-Atlantic and Northeast regions with a diameter of high winds over twice the size of Hurricane Katrina. The storm took the lives of over 125 people in the U.S. and another 125 people in the Caribbean. The tropical storm was quickly followed by "Frankenstorm", which brought additional storm surges, flooding, and over 34 inches of snow causing even more damage and devastation to an already distressed situation. The storm left thousands homeless and living in shelters, some of which have still not been able to return to a home to date.

How did Ho-Chunk have an opportunity to assist those in need? Commander (CDR) Ted Hall, Ho-Chunk Nation Director of

issues or needs arising from a major disaster or other event. CDR Hall is a member of this highly specialized team due to his efforts of becoming a Board Certified Psychiatric Pharmacist by the Board of Pharmacy Specialties in 2009. There are only approximately 600 Board Certified Psychiatric Pharmacists internationally currently and very few are practicing in primary care settings such as HCN clinics like CDR Hall. He joined MHT-2 in December 2011 and was quickly appointed to the leadership team in the administration section, where he is responsible for maintaining logistics, demographics, and training events for the team.

CDR Hall was uniquely positioned as a psychiatric pharmacist on a mixed MHT-2 and MHT-3 strike force team with a mental health nurse, a psychiatrist, and three social workers. This strike force was assigned to the Queens College Shelter in Flushing, N.Y. from November 2nd through November 13th.



CDR Hall documenting on a patient in the Minnesota Disaster Management Assistant Team (DMAT-1) Electronic Medical Record.

Pharmacy, is an active duty Commissioned Corps Officer in the United States Public Health Service and was activated to deploy for the Hurricane Sandy Mission on November 1st, 2012. Dr. Alec Thundercloud, HCN Executive Director of Health, granted permission to release CDR Hall to participate in the Hurricane Sandy Mission, something that is uniquely required for Indian Health Service Officers. This allowed him to be only 1 of 2 Indian Health Service Officers to be deployed during the initial response. CDR Hall is a member of a specialized deployment team, Mental Health Team 2 (MHT-2), that is expected to be ready to deploy within 36 hours of activation by the U.S. Surgeon General and Office of Force Readiness and Deployment. The MHT-2 has the responsibility and capability of responding to the many immediate and midterm behavioral health

During the deployment, CDR Hall assisted the Minnesota Disaster Management Assistance Team (DMAT MN-1) with psychiatric medication recommendations for the over 600 shelter residents. He was granted provider status and access to the DMAT electronic medical record, where he documented treatment plans and discharge summaries on the patients that he was assigned. This shelter had very severely mentally ill patients that were displaced from their adult residential homes as well as people who were homeless prior to coming to the shelter. CDR Hall assisted many shelter residents with obtaining their psychiatric medications and offered psychological first aid to residents as he walked the shelter each day. Psychiatric needs assessments were also performed on the shelter staff and volunteers to make sure they were also staying mentally and emotionally healthy while assisting the



MHT-2 and MHT-3 Queens College Strike Force Team

hurricane victims. CDR Hall's accomplishments include re-uniting 4 of the most severely and chronically mentally ill residents with their adult residential homes that were located in another part of the city and personally transporting and seeing that they were safely re-united. This task required CDR Hall to call multiple agencies and staff across the city to determine where these residents belonged, a task that was very challenging in a time where electricity was down and entire county services and private businesses were shut down due to the destructive storm.

CDR Hall's compassion, true desire to help those most in need, and health leadership have been fine tuned over the past 10 years serving the Ho-Chunk Nation as a staff pharmacist and then promoted to Director of Pharmacy in 2009. CDR Hall is the HCN Department of Health psychiatric pharmacist and assists the medical and behavioral health providers with patients who have behavioral health and addiction needs. CDR Hall's training and experience in the HCN Department of Health provided the clinical skills, knowledge, and humanistic qualities that made him stand

out on this mission. His military leadership training in the ARMY Reserve Officer Training Corps (ROTC) during college also supplied him with the ability to be a leader as well as a member of this highly skilled diverse mental health strike force team. The Ho-Chunk Nation's sacrifice of allowing CDR Hall to be relieved of his daily duties in order to assist those so far away in crisis and need is noble, selfless, and admirable. This act speaks to the caring and compassionate attitude towards humanity that is in the traditions and beliefs of the Ho-Chunk Tribal members.



Queens College Mission Group Picture of USPHS MHT Team, Minnesota DMAT-1, and Office of Inspector General Federal Agents.

Activities abound at the annual Kickapoo Valley Reserve Winter Festival

Ken Luchterhand
Staff Writer

Many people gathered to enjoy the spirit of winter at the Kickapoo Valley Reserve on Saturday, Jan. 12, for its annual Winter Festival.

The Ho-Chunk Nation owns 1,200 acres of the Kickapoo Valley, including the Visitor Center, having been transferred back to the Nation in December 2000.

The Ho-Chunk Nation maintained a presence at the festival with Ho-Chunk traditional songs being sung at the top of each hour in a ciporoke erected on the grounds. Also, children's stories were told and crafts made in the ciporoke in the afternoon.

Face painting for kids was offered by the La Farge High School art students.

People who attended could participate in a variety of activities, including interactive snow carving, horse-drawn bobsleds, dog sled races and weight pull, archery, a chili and

bread contest sampling, and children's stories and crafts. The dog sled races were held early in the day, but eventually cut short because of a lack of snow.

Also, a variety of classroom workshops were available, including talks on coyotes and flint knapping. There was an ice caves presentation followed by a guided hike of ice caves in the area. Similarly, a beaver habitat presentation was offered, followed by a beaver habitat hike.

A Kickapoo Quick Auction was held in the afternoon with items donated by various individuals and local businesses. The proceeds will benefit the Kickapoo Valley Reserve Education and Events Program.

The day's activities were concluded with a Driftless Folk School family square dance and dinner, with a candlelight hike/ski and winter astronomy session.



Singers from the Ho-Chunk Nation provided traditional songs in the ciporoke at the top of every hour.



Aiming for a bull's-eye, this little girl participated in the archery shoot at the Winter Festival.



Children of all ages gathered in the ciporoke to hear stories of long ago at the annual Kickapoo Valley Reserve Winter Festival.



Items donated by individuals and local businesses were placed up for auction in the Visitor Center. The proceeds will benefit the Kickapoo Valley Reserve's Education and Events Program.



One of the activities at the Winter Festival was Interactive Snow Carving. Here, a snow turtle was constructed.

Rockman completes Basic Tribal Probation Instruction

Ken Luchterhand
Staff Writer

Perhaps tribal member Denis Rockman has paved the way for the Ho-Chunk Nation to begin its own probation and parole system.

On Nov. 30, Rockman received a Certificate of Completion for 180 hours of Basic Tribal Probation Instruction in Tacoma, Washington.

The classes began in August and required each student to return for a one-week training session per month. While there, he did have opportunities to be a tourist, he said. Rockman visited various local attractions, including the Space Needle in Seattle.

And even flying to Washington State wasn't so bad after a while, he said. While he didn't care for flying at the beginning, he "got used to it."

There were 18 students who went through the course, all of them from different tribes around the United States.

"The training they received – all tribes will adhere to," Rockman said.

It all began when state Administrative Law Judge Vernon J. Rausch contacted Judge Amanda Rockman, who contacted Denis and told him about the program

available to members of all tribes. Attorney General Shelia Corbine authorized his training and Jackson County Judge Tom Lister.

The program was available to tribal members, from any Wisconsin tribe, through a \$4,000 per-person grant.

Fox Valley Technical College assists with the program and it has plans to implement its own corrections education program when a multi-million dollar facility in Appleton has been completed.

At present, Ho-Chunk tribal members are often tried and sentenced through the county's system.

"The problem of that is the county probation officers haven't gone through sensitivity training and don't understand our culture," Rockman said. "It would be a benefit to our people to provide our own probation program."

The Menominee tribe has a drug treatment program at a facility north of Keshena, which accepts members of all tribes, he said. Hopefully, the Ho-Chunk Nation someday can have a similar program, he said.

"We all would benefit if we can take care of our own people," he said.

During his training, the instructor providing the

sessions was a corrections officer for 22 years, so provided a very good methodology of handling people going through the corrections system, including how to handcuff unwilling subjects, he said. They also learned motivational interviewing and combative techniques.

One of the most rewarding aspects of the experience was meeting and getting to know people, both fellow students and instructors. "The instructors were phenomenal," he said.

Written exams were 100-point questions, of which he received a 94 average. He often would cram for the test on the previous night with his roommate, who was from Phoenix, Arizona. Of the 18 students, only two were not presently probation agents, including Rockman.

Also, there was physical training involved, which involved running and various exercises.

"I was sore following the physical part because I was so out of shape," Rockman said. "I felt like a 70-year-old."



Denis Rockman displays the certificate he received for completing training for probation and parole.

IF YOU TALK OR TEXT ON YOUR CELL PHONE WHILE DRIVING, YOU WILL GET A TICKET.

OFFICIALS ARE STEPPING-UP ENFORCEMENT ON DISTRACTED DRIVING LAWS.

www.distraction.gov

The Ho-Chunk Nation Motor Vehicle Injury Prevention Program is partnering with the Jackson & Sauk County Sheriff's Departments to increase enforcement and awareness of distracted driving in our communities.

Don't Text & Drive!

Any questions please contact Nicole Thunder at 715.284.9851 ext. 5070 or nicole.thunder@ho-chunk.com

January 20-26, 2013



ONE TEXT OR CALL COULD
WRECK IT ALL

Ho-Chunk Gaming Makes Donation to American Diabetes Association



L to R: Geneva-Hotel, Freddie-Café, John Lanier-ADA Representative, Tris Harris-Sr. Mgr. of PR, Gloria-Buffet and Danny-Poker Bar.

On November 8, 2012, Ho-Chunk Gaming Black River Falls presented The American Diabetes Association a check for \$1500. This was done through a Pin-Up initiative where guests and employees would donate \$1 and receive a Hand to write their name

on and it would be put up in the area that they donated in. These hands were at the Hotel, Café, Buffet and Poker Bar. Between all 4 areas, \$926 was raised and the Casino donated \$574 to be able to make the \$1500 donation. Employees in each of the 4 areas would ask people to donate and

the person who got the most people to donate were given recognition and were asked to be at the check presentation.

In January, HCG BRF is keeping with the Diabetes Awareness initiative by starting a Diabetes Diary where we ask people to submit their story

or the story of someone they know to www.mydiabetesdiary.org and the best story will win \$1000 and HCG BRF will also donate another \$1000 in that person's name. The start date for that is January 15th and all submissions must be received by March 4th.

Weight loss program guaranteed to lighten your load

Ken Luchterhand
Staff Writer

When many people make a New Year's resolution, it often pertains to losing weight. And anyone who has ever tried to lose weight can tell you, the effort needs as much assistance as possible.

To make that weight-loss goal a little easier, experts at the Ho-Chunk Nation's Health Department have designed a new program: Weight Loss Class.

The pilot program began on Jan. 3 in Wisconsin Dells, Jan. 9 in Tomah and Jan. 10 in Black River Falls. The classes are held from 8 to 9:15 a.m. every-other week.

The eight-session course covers topics such as Mindful Eating, Counting Calories/Label Reading/tracking, Exercise Myths and Realities, My Plate – Healthy Eating, Debunking Fad Diets, Exercise and Motivating Yourself to Move, and Staying Motivated.

Classes are instructed by professionals according to their expertise. Instructors include nutritionists Kathy Braaten, Nicholle Oman and Jessica Jennings; exercise physiologists Kathleen Clemons, Jill Haom, and Chris Frederick; and Nurse Educator Holly Rodenberg.

Classes are limited to 25 participants in Black River Falls, 15 participants in Wisconsin Dells and 12 participants in Tomah. So, far, classes are filled and a waiting list has been established. Another class will be offered this spring. Rachel Montana is in charge of

enrollment into the program.

At the inaugural session in Black River Falls, Kathy Braaten talked about "Mindful Eating." Each participant was given a one to 10 rating scale based on how hungry or full a person feels, with one being starving and 10 being uncomfortably full.

"Try not to eat for emotional hunger," Braaten said. "Sometimes we eat because we think we should, because the clock says a certain time, or because others are eating. We need to eat when we are truly hungry."

10 -- Uncomfortably full or sick.
9 -- Stuffed and uncomfortable.
8 -- Too full, somewhat uncomfortable.
7 -- Full, but not yet uncomfortable.
6 -- Filling up, but still comfortable.
5 -- Neutral – neither hungry nor full.
4 -- Slightly hungry, faint signals that your body needs food, but you can still wait.
3 -- Hungry, not yet uncomfortable, but clear signals your body needs food.
2 -- Very hungry, irritable or anxious.
1 -- Starving, feeling weak, lightheaded or dizzy.

The ideal range for a person is between a rating of 3 and 7, the handout indicates.

"You should only eat until you feel satisfied or almost full. In order to manage how much you eat and your weight, you need to listen to your body," Braaten said.

Often people eat too fast, not

allowing the "full" sensation to make an appearance until too late. Therefore, people need to learn to eat slowly, Braaten said.

Journaling often helps, allowing people to write down their intake and lose more weight. In journaling, people need to write down what, when, where and how.

Braaten provided a handout of the five "D's" of appetite control:

1. Delay for 10 minutes and see if the craving passes.
2. Distract yourself with an activity you enjoy, like walking or reading a book.

3. Determine what is really going on. Ask yourself, "What am I really feeling right now?" Then you can make a better decision.

4. Distance yourself from the food by going into a different room.
5. Decide what healthy item you can eat, such as fruit or vegetables.

To help each participant with their short-term and long-term goals, they are required to fill out a "Weight Loss Success Plan." The plan specifies goals for the next two weeks, each filled out at the current session so that success can be evaluated at the next meeting.



Class attendees listen to Nutritionist Kathy Braaten speak about "Mindful Eating."

Jill Haom takes exercise to a new level

Ken Luchterhand
Staff Writer

Soon, Jill Haom may be instructing you to kick higher, twist those hips and run a little faster.

Jill is an Exercise Physiologist for the Nekoosa and Wittenberg areas, having started with the Ho-Chunk Department of Health on December 10. She also will be offering an exercise "circuit" metabolic training at District One. It's a combination of stations in which each participant will spend between 30 and 60 seconds.

"It will increase self-efficacy and, the best part, is that everyone can do it," she said.

Jill received an undergraduate degree in Kinesiology – Exercise Science and her Master's of Science degree is in Kinesiology – Behavioral Aspects of Physical Activity (Exercise Psychology) from University of Minnesota – Twin Cities.

Jill (Maa za xe wiga) is the daughter of Scott Storkel and Joyce (Greendeer) Two Crow.

"I was mostly interested in the behavioral aspects of physiology," she said. "I was interested in the 'mind-body-spirit' connection. As a Native, the holistic approach is so relative."

Jill believes the images people see on a daily basis distorts people's self-image.

"People can't relate to the poster girls – so skinny and muscular – who are not realistic," she said. "It's so

much more about connecting with your physical self. Activity isn't just about exercise, but it's what's in your heart. No one is going to maintain the physical activity unless it's relevant or realistic. People are not going to go to exercise class unless it's important and meaningful – otherwise they won't continue. It's got to be enjoyable and connect to other facets of life."

"I wouldn't be here if it wasn't for the Nation," she said. "There was a time when I wanted to drop out of high school. Dr. Alec Thundercloud was my mentor and he talked me out of dropping out of high school."

The resources for undergraduate work were provided by the Nation. However, she received a DOVE Fellowship for her graduate work, which she received through the University of Minnesota.

There are a low percentage of Native Americans attending college and a low percentage of women in the sciences, she said. The statistics show that .4 percent of the students in graduate school are Native Americans.

"I want to help the next generation," Jill said.

She gives a great deal of credit for her graduation to her parents, family and friends for their help and support. She has a 6-year-old son, Justice, and a 3-year-old daughter, Trinity.

Her advisor, Dr. Daheia Barr-Anderson was a

great influence on her drive to succeed, along with her mentor, Dr. Alec Thundercloud, who helped her during her time in Upward Bound.

"I would like the people to know that everything comes full-circle and in a good way," Jill said.

She also gives credit to the Trio Program and the DOVE Fellowship and Community Scholars programs to lessen obstacles and provide a means to progress from undergraduate study.

The Federal TRIO Programs are federal outreach and student services programs designed to identify and provide services for individuals from disadvantaged backgrounds. TRIO includes eight programs targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities to progress through the academic pipeline from middle school to post-baccalaureate programs.

The DOVE fellowship is awarded to approximately 20 first-year students from underrepresented groups who are U.S. citizens or permanent residents.

"Without the Trio Program, I wouldn't have been able to finish," Jill said. "I've learned that it's not just 'about you.' I'm creating a path that maybe I can help someone along the way."

When Jill was younger, growing up in various locations such as Minnesota,



Jill Haom is the new exercise physiologist with the Ho-Chunk Nation.

Delaware, Madison, La Crosse and the Twin Cities, she wasn't allowed to play sports because her father wouldn't allow it. His religion frowned on such activities. But she instead enjoyed running, hiking and walking.

"We were very active – we were never in the house," she said.

While she attended Central High School in La Crosse, she took a weight training class, which helped with her need for physical activity. She also was introduced to teaching several group fitness classes,

which sparked her interest in a career in exercise training. When she was a senior, her father and mother divorced and her mother encouraged her to try out for sports. However, she found that she would be starting sports activities too late and wasn't able to catch up. However, she was able to join the Pompom

Squad, which added the element of dance.

After high school and before she decided to go to college, Jill began working for private dance and fitness businesses, with hip-hip, Hi/Low aerobics and kick boxing.

At the University of Minnesota, was a Fitness Assistant and she taught classes since she started there. When the graduate assistant left, Jill and the other assistant ran the entire program.

"At the university, I got interested in yoga," Jill said. "I got certified in yoga through the Yoga Alliance and began teaching at Core Power Yoga. I went through the Yoga Sculpt program, which is my favorite class. Yoga Sculpt is a fusion class that has the concepts of yoga combined with the elements of resistance training. The form of yoga I teach is Vinyasa."

Ho-Chunk Gaming Black River Falls continues to campaign for Diabetes Awareness

BLACK RIVER FALLS, WI - Ho-Chunk Gaming Black River Falls along with WKBT News 8000 have gone live for a second year with Diabetes Diaries, an online cause campaign contest to help raise awareness of the effects that Diabetes has on the communities throughout the Coulee Region. Through this program, people are encouraged to share their experience with the disease at www.mydiabetesdiary.org for the chance to win \$1,000. Another \$1,000 donation will be made to the American Diabetes Association on behalf of this same winner.

According to Rob Reider, Director of Marketing at Ho-Chunk Gaming Black River Falls, "The financial contribution given through Diabetes Diaries is just a small part of the campaign. Yes, we are proud to be able to continue our monetary donations, but Diabetes Diaries has several layers."

The Ho-Chunk Gaming

Black River Falls Diabetes Diaries was uniquely designed in a way to illustrate the prevalence of the disease in our local communities by collecting and sharing stories of real people within our area that live with its negative effects on a daily basis.

"Diabetes is a real problem in our area. We want people to know this. Everyone should realize the risks and to take action to help prevent it," says Reider, "Diabetes Diaries can also be considered as a source of hope for those with the disease. Many of the stories shared last year demonstrated positive ways to overcome its challenges. The stories are truly inspiring and at the very least, will let people know that they are not alone. Their struggles are shared."

People wishing to share their story, read other stories or learn more about Diabetes are encouraged to visit www.mydiabetesdiary.org. All entries received prior to 11:59pm on March 4, 2013

will be considered.

Ho-Chunk Gaming Black River Falls offering consistent support to the American Diabetes Association is also proud to support a number of other causes as well. This year alone, over \$13,000 has been used to help the American Red Cross, American Cancer Society, Veteran Badger Honor Flight and

Unmet Needs (an assistance programs set up to help Military personnel and their families).

Ho-Chunk Gaming – Black River Falls is owned and operated by Ho-Chunk Nation Enterprises, with headquarters in Black River Falls, Wis. Ho-Chunk Nation Enterprises also owns and operates Ho-Chunk Gaming – Wisconsin

Dells, Ho-Chunk Gaming - Madison, Ho-Chunk Gaming - Nekoosa, Ho-Chunk Gaming - Tomah and Ho-Chunk Gaming - Wittenberg. For more information, call Ho-Chunk Gaming – Black River Falls at 800-647-4621 or go online

www.ho-chunkgaming.com.

SUMMONS

(First Publication)

IN THE HO-CHUNK NATION TRIAL COURT

State of Wisconsin, Petitioner, v. Correne Roth, Respondent.

Case : CS 12-77

TO THE ABOVE-NAMED RESPONDENT: Correne Roth

You are hereby informed that you have been named a respondent in the above-entitled civil lawsuit. This legal notice of the Petition to Register & Enforce a Foreign Judgment or Order is now served upon you by publication. Your written Answer to the Petition must be filed with the Court on or before the twentieth day from the date of the second published issuance of this Summons. You may request a hearing within your written response. See RECOGNITION OF FOREIGN CHILD SUPPORT ORDERS ORDINANCE, 4 HCC § 2.5. Also, you must send or present a copy of your Answer to the opposing party listed above or to their attorney of record. Failure to file a timely Answer in the time allowed can affect your right to object to the enforcement of the foreign judgment or order. Id., § 2.6c.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court's mailing address is P. O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

Three mechanics at the Ho-Chunk Transportation Shop make repair look easy

Ken Luchterhand
Staff Writer

Chances are, if you've ever had to get a Nation's vehicle or a GSA vehicle repaired or maintained, you already know these guys.

It's hard not to. After all, when you arrive at the garage, you're greeted with their quick witticisms and maybe even some cheese, sausage and crackers. That's just their way of welcoming you into their work environment which is also their home.

Mechanics Pat Reardon, Larry Fisher and Mark Potaracke seem to have been there forever, always ready to change your oil, put new tires on your car, or change your brake pads, all with a smile and a joke or two.

The three mechanics have a combined vehicle repair experience of 47 years and their backgrounds are very similar. And, although you may see them often, many people don't know their personal backgrounds.

Mark Potaracke grew up in La Crosse, and then joined the U.S. Army after high school graduation to work in Light Wheel Vehicle Repair. He also went back to school to learn artillery repair, working on hydraulic cylinders, pumps and motors of mobile artillery pieces. He served most of his time in Germany and Colorado Springs.

After serving 6 years in the Army, Mark worked at Skipperliner for a short time in La Crosse, installing engines and wiring. Then, he joined the crew at the Ho-Chunk Nation Transportation

Shop in July 1995 and has been there ever since.

The aspect of mechanics he enjoys the most is when he can diagnose a problem and it comes out correctly.

At the garage, it's different than working at a dealership, since they have to work on all makes and models of cars, trucks, buses. They also work on all kinds of other equipment, such lawn mowers, string trimmers, snow blowers and dump trucks.

Beside the usually maintenance tasks such as oil changes, tune-ups and tire changes, they also perform more difficult, intensive jobs, such as replacing engines, transmissions and differentials.

The most challenging repair the team has had to perform is when they had to replace an engine in a motor coach. The bus had been used as part of the Ho-Chunk Tours and had been run out of coolant, thereby ruining the engine.

Mark's interest in mechanical items continues into his private life, away from work. Recently he built an airboat using a Volkswagen engine to spin a large propeller at the stern. His invention works, but just doesn't go as fast as he thought it would. He said he would like to sell it and buy a hovercraft.

Mark also enjoys riding his Harley-Davidson motorcycles and hunting. He is married and has two children.

"Whenever people come here, they're treated like a king," he said.

Pat Reardon was born and raised around the Kendall area before he attended Western Wisconsin Technical College as an automotive technician. He lived in Eau Claire for a short time, but then returned to Tomah, where he opened his own business, North Tomah Radiator Repair. He ran that business for four years.

"I've always worked in automotive repair, except for three months I worked as a salesman. I didn't like that, so I went back into auto repair," he said.

When he first started, the mechanics also had to drive bus, such as taking people to the casinos and hauling kids to baseball and basketball games. They no longer drive buses.

"The variety is my favorite aspect of the job," Reardon said. "You just never know what you're going to have to do next."

An important acquisition for the shop is a roll-back wrecker, which helps when they have to retrieve a disabled vehicle.

Reardon is married and has three daughters and lives in the Tomah area. During his time away from work, he enjoys fishing.

Larry Fisher grew up around auto repair. His parents owned a gas station equipment with a service bay, so, with his father being the mechanic, Larry spent his youth learning the ins and outs of auto maintenance and repair.

Larry graduated from Necedah High School and



Mark Potaracke removes the drain plug to let the old engine oil drain. Mark has plenty of practice doing exactly that, helping to maintain the fleet of Ho-Chunk Nation cars and GSA vehicles.

attended Western Wisconsin Technical College for automotive technician. He worked for two different General Motors dealerships, where he was sent to schools to receive certification. He began working for the Ho-Chunk Nation in 1999 for Housing and Public Works as a heavy equipment mechanic. Then, in 2000, he started working for the Transportation Shop.

During his time in the Transportation Shop, he was sent to Rhode Island for a one-week training for repairing and maintaining hybrid vehicles.

"One of the hardest things is to keep up with changes," he said.

When they get stumped about some abnormality, they can always count on friends in the business.

"We're friends with mechanics at the Ford garage and Superior Automotive, so when any of us get stumped, we can go to each other to work it out," he said. "The communication is good."

Another change, besides the complexity of the vehicles, is that parts are more vehicle specific, meaning fewer parts work universally on several makes and models. And more parts are not serviceable, such as starters and alternators, which now are replaced as a whole.

The shop has a computer

scanner, which retrieves diagnostic codes.

What sets their knowledge apart from dealership mechanics is that they have to know how to repair and maintain all brands of vehicles.

"We're able to maintain and repair all domestic vehicles, plus we do have some Asian vehicles in the fleet, such as a Hyundai, a Toyota Yaris and a Honda Insight," he said.

He predicts that, because of increased complexity of automotive systems, mechanics will be increasing specialized, just like doctors are today. Instead of mechanics working on and knowing about all functions of automobiles, mechanics will have specialties for areas such as electrical, engine, transmission, drivetrain, body, cooling system, fuel system, computer, etc.

Larry has two children; a daughter is college and a son who works in heating, ventilation and air conditioning (HVAC). He likes to hunt and fish – basically anything outdoors.

So, next time you take your fleet or GSA vehicle into the Ho-Chunk Transportation Shop, you can be assured the repairs will be done correctly by expert mechanics. And, while you're there, you might as well enjoy the cheese, sausage and crackers.



Like doctors skilled in treating the afflicted, Pat Reardon (left) administers a transfusion of new oil to the patient while Larry Fisher adjust the life-support mechanism.

Spotlight on Social Security

Beginning March 1, with few exceptions, all federal benefits, including Social Security and Supplemental Security Income (SSI) benefits, are to be paid electronically. That's according to a rule from the U.S. Department of the Treasury.

For years, Social Security has stressed the convenience, security, and safety of getting benefit payments electronically, offering peace of mind that your payment

will arrive on time, even in the event of natural disasters or being away from home when the check is in the mail.

Electronic payments (direct deposit or Direct Express) are not only the best way to receive federal benefit payments — for most people, starting in March, they are the only way.

The truth is, for most people getting monthly benefits, this isn't really a change at all. That's because more than 9 out of 10 individuals who

receive benefits from Social Security already receive payments electronically.

If you get your payments the old-fashioned way and electronic payments are new to you, here are some things you may want to know about your future payments.

- Electronic payments are safer: there's no risk of checks being lost or stolen;
- Electronic payments are easy and reliable: there's no need to wait for the mail or go to the bank to cash a check;

- Electronic payments are good for the environment: they save paper and eliminate transportation costs;

- Electronic payments save taxpayers money to the tune of \$120 million per year: there are no costs for postage, paper, and printing; and finally;

- Electronic payments could save you money on check-cashing and bank fees.

Please visit www.GoDirect.org today to learn more about getting your Social Security

and SSI payments the safe, easy, inexpensive, and green way — electronically. And rest assured that on payment delivery day, you won't have to wait for your money; your money is already in the bank and ready for you to use.

Ken Hess is the Public Affairs Specialist for Northern Wisconsin. You can contact Ken at 4120 Oakwood Hills Parkway, Eau Claire, Wisconsin 54701 or via email at kenneth.hess@ssa.gov

Claims Must Be Filed By March 1, 2013

In \$3.4 Billion Indian Trust Settlement

What is This About?

The *Cobell v. Salazar* Settlement is approved. The Settlement resolves a class action lawsuit that claims that the federal government violated its duties by mismanaging trust accounts and individual Indian trust lands. Payments to the Historical Accounting Class are underway. The process of considering claims for the Trust Administration Class is ongoing.

The final deadline if you need to file a claim form for the Trust Administration Class is March 1, 2013.

Am I Included?

The Trust Administration Class includes:

- Anyone alive on September 30, 2009, who:
 - Had an IIM account recorded in currently available electronic data in federal government systems anytime from approximately 1985 to September 30, 2009, or
 - Can demonstrate ownership in trust land or land in restricted status as of September 30, 2009.
- The estate (or heirs) of any deceased landowner or IIM account holder whose account was open or whose trust assets had been in probate according to the federal government's records as of September 30, 2009.

Do I Need to File a Claim Form?

You must file a claim form if you believe you are a member of the Trust Administration Class and you have not:

- Received IIM account statements at your current address anytime between January 1, 1985 and September 30, 2009 and continue to receive statements; or
- Received a payment as a member of the Historical Accounting Class. If you did, you will receive a second payment automatically as a member of the Trust Administration Class; or
- Filed a claim form already using your current address. If you have, the Claims Administrator will contact you.

You must fill out a claim form and mail it to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877, postmarked by **March 1, 2013** in order to receive a payment.

How Much Money Can I Get?

Members of the Trust Administration Class will likely receive at least \$800 or more. The actual amount will depend on the number of claims and the costs of administration.

For a claim form or to update your contact information:

Call Toll-Free: 1-800-961-6109 or Visit: www.IndianTrust.com



HO-CHUNK HOUSING & COMMUNITY DEVELOPMENT AGENCY

P.O. Box 730 • Tomah, WI 54660

Enterprise Community Partners, Inc., of Santa Fe, New Mexico, has announced a \$50,000 grant award to Ho-Chunk Housing and Community Development Agency (HHCDA), of Tomah, Wisconsin, under Enterprise's Rural & Native American Initiative. The RNAI program works to promote decent, safe, green affordable housing for all residents living in rural communities throughout the country, and in the case of HHCDA's RNAI grant, support will be provided to plan and implement a tribal Veterans' Supportive Housing Program (VSHP).

The Ho-Chunk Nation has provided funding for the development of a green 10-unit VSHP facility in Black River Falls, Wisconsin. This facility, which will be comprised of one-bedroom units and community space, will target homeless Ho-Chunk veterans, a group in critical need of permanent housing and supportive services. VSHP supportive services will include substance-abuse treatment, mental-health services, employment assistance, and legal assistance.

The Enterprise grant will defray the cost of supportive-housing consultants, who will assist in planning the operation of the VSHP facility and the structuring of supportive services for veterans. The consultants will: help plan and conduct coordination meetings with Ho-Chunk Nation departments and programs that will be contributing to the VSHP program; provide technical assistance to service providers; assist with program policy and document development; and help plan Phase II of VSHP, which will include development through tax credits of a veterans' family supportive-housing facility. The grant will also provide funds for facility design and construction management, in addition to reimbursing HHCDA staff for time spent administering the project. In sum, the Enterprise grant makes possible the best utilization of program resources for the maximum benefit to tribal veterans.

HHCDA

Next Monthly Board Meeting

January 24, 2013

6:00 PM

HHCDA Office, 1116 Monowau Street,
Tomah WI 54660

Board:

Lee Brown Jr. – Amos Kingsley
Colin Carrimon – Francis Decorah
Martin Littlewolf Jr. – John Dall
Leonard Walker – Cheri Byhre
Terrence Johnson – Gerald Cleveland
Lisa Stroessner

Agenda items due by Friday January 18th to
The Board Secretary at 1-800-236-2260

NOTICE

Effective
December 19, 2012
Behavioral Health staff
in BRF moved into
Central Health Office
(CHO),
W9855 Airport Road,
Black River Falls, WI
54615

Effective
December 21, 2012
Environmental Health
staff moved in the north
wing of the Health Care
Center (HHCC),
N6520 Lumber Jack
Guy Road,
Black River Falls, WI
54615

Effective
December 21, 2012-
February 15, 2013
(projected date)
Contract Health staff
moved into the north
wing of the Health Care
Center (HHCC),
N6520 Lumber Jack
Guy Road,
Black River Falls, WI
54615.

Contract Health staff
offices will relocate
back into the CHO
building on February
15, 2013.

Note: Telephone
numbers have not
changed to reach staff
in these divisions.

2013 SEASON

District One Community Center 3 on 3 Basketball League

The 2013 Season for 3 on 3 Basketball is here!



Date: Monday, February 11, 2013

Time: 6:00pm

District One Community Center Gym

Games will be held every Monday starting February 11, 2013.

Teams must submit their rosters by Friday, February 8, 2013.

Sign up as a team or an individual.

Season will be determined on how teams are participating.

All players must be 18 years old.

Roster Forms are available at the District One Community Center!

We're Looking forward to another exciting season!

See you on the court!

Contact Melissa or Derris at 715-284-0905

District One Community Center

PINAGA TOURNAMENT



Come and join the fun at the District One Community Center!!

Pinaga Tournament on

Wednesday, February 20, 2013 at 6:00 PM - 8:30 PM.

If anyone wants to learn or have a refresher on how to play, we will be holding a Pinaga clinic on Wednesday, February 6, 2013, 2012 from 6:00pm—8:00pm at District One Community Center

Contact Derris or Melissa: 715-284-0905

Elder Social



February 7, 2013

Thursday at 10:00 AM

District One Community Center
Come and join the fun!!!

Bingo

Lunch

Feel Free to Bring a Prize to Share

55 and Older

Contact Melissa or Derris at 715-284-0905

District One Community Center

Shape Shifters

Men's 16 and Older Category

\$20.00 Registration fee. Winner takes all.

Women's 16 and Older Category

\$20.00 Registration fee. Winner takes all.

The new Shape Shifters will begin on

Friday, February 1, 2013. THE WINNER WILL BE AWARDED BY

THE TOTAL PERCENTAGE OF BODY WEIGHT LOST.

You must have your registration fee before you can weigh in.

Last weigh-in will be Friday, April 12, 2013.

Weigh-in Schedule for Friday, February 1, 2013

6:00 AM—9:30 AM District One Community Center

10 AM—11:00 AM TOB

11:30 AM—9:00 PM District One Community Center

CONTACT MELISSA OR DERRIS AT 715-284-0905

Homebuyer Education

 Does the idea of a mortgage scare you?

Have you ever thought about buying a home?

Date Weds & Thurs, January 30 & 31, 2013

Time 4:45 p.m. to 8:45 p.m. Both evenings

Location HHCDA 1116 E Monowau Street
Tomah, WI

Sponsors HHCDA & NHS of Richland Co

Join Us Homebuyer Education can help reduce the stress & confusion of buying a home. It is a great place to start if you're considering buying a home & are not quite ready. Come & Learn about Down Payment Assistance Programs. Snacks, Dinner, Door Prizes will be provided! Hurry and call for a reservation!

Contact Name Winona Mann
(608) 374-1245

 Hazel Jean Shegonee
(Nee Decorah Blackhawk)



God looked around his garden and he found an empty place. He then looked down upon this earth and saw your tired face. He put his arms around you and lifted you to rest. God's garden must be beautiful he always takes the best. He knew you were in pain he knew that you would never get well on earth again. He saw that the road was getting rough. And the hills are hard to climb so he closed your weary eyelids and whispered "Peace be thine" It broke our hearts to lose you but you didn't go alone for part of us went with you the day God called you home.

"Lovingly In Jesus"

Hazel Jean Shegonee (Nee Decorah Blackhawk) was born January 28, 1934 and entered into Eternal Life on December 27, 2012, at the age of 78. Survived by her children Rosemary, Phillip, Kathy (Oscar) Cutting, Thea, Esteban "Charlie", Christine (Paul) Mueller, and her sister Delia (Hoke) Maisells. She is further survived by grandchildren, great-grandchildren, nieces, nephews, and other relatives and friends. She was proceed in death by her sons Harry Jr. and Anthony and daughter Elaine, her parents, Russius and Virginia DeCorah; brothers and sisters. Funeral Service was held at WITKOWIAK FUNERAL HOME (529 W. Historic Mitchell St. 414-645-2467) Saturday, December 29, 2012 AT 10:30 AM, with visitation at 8AM. Burial followed at Forest Home Cemetery. We would like to thank all of our friends and family for your many prayers and all of the help and support that was given to our family and the many cards, plants and flowers. With a special thank you to Choch Sa-zuc for coming to help our family again in our time of loss, also a special thank you to the girls at the Ho-Chunk Community building in Milwaukee for cooking and to Liza Mendez and Hope Mendez for cooking for the family each day. May God bless each and every one of you,

From the Blackhawk family, children, grandchildren, and great grandchildren

HAPPY BIRTHDAY RHONDA!!



1-15-2013
LOVE YOU!!!
IRA, OLIVIA, BAILEY
AND THE REST OF YOUR FAMILY

HAPPY 3rd BIRTHDAY



Jazmine Grey Owl
Love,
Mom, Dad & Family

4th Memorial Meeting for
Pamela Mallory (Wiragusgeiga)

February 23 - 24th, 2013
Native American Church • Wisconsin Dells

Roadman:
Gordon Thunder
Give away to follow



Family of Pamela Mallory

Van Buren restaurant opens seasonal location in Central Mall Food Court

Submitted by Marc Hayot
Examiner.com

Christmas is one of those magical seasons where the world just seems to stop all of its hustle and bustle in order to enjoy the lights, the family gatherings and the goodwill. What makes Christmas a

Smith, Arkansas. From late November until the early part of January businesses like Hickory Farms set up shop in the mall for people to purchase gifts for their loved ones. This year Central Mall is not just featuring temporary retail businesses, but also a



Indian taco from Kunu's

special time is the fact that it is a brief period in everyone's lives. When broken down this holiday season lasts four to five weeks at the most.

The best example of this is at Central Mall in Fort

temporary restaurant in the food court. That business is Kunu's Smoke Shack Cafe.

Kunu's Smoke Shack Cafe is located on Highway 59 just north of Van Buren in a nondescript building. They



Kunu's new location at Central Mall, Fort Smith, Arkansas

are only open on Thursdays, Fridays and Saturdays, yet they have such a loyal following that they were asked by Central Mall's management to open up at a recently vacated space for the holiday season.

Owners Eric and Christy Lonetree were already considering opening a second location in Fort Smith, so the situation worked out for all concerned.

So what kind of food does Kunu's serve? They serve

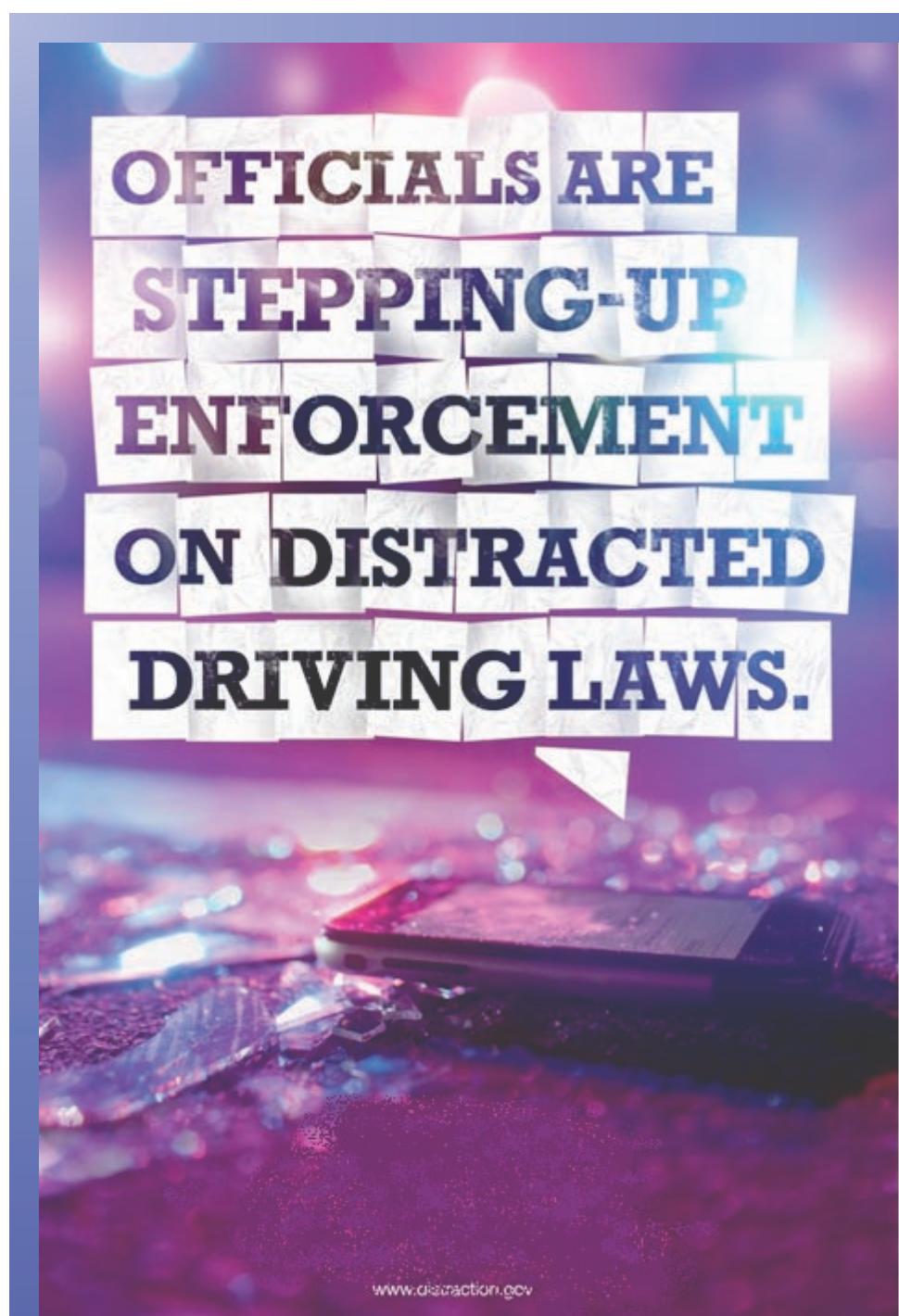
some of the best tasting barbecue, brisket and hot links in the area. Kunu's location in Central Mall has already attracted a new legion of fans that have enjoyed all of their fresh meats and delicious sides.

While Kunu's will only be open until the end of the holidays, the Lonetrees would not mind making this temporary location permanent. Regardless of what happens, Fort Smith residents can still enjoy the

great dishes that Kunu's serves throughout the season. So if there are still any shoppers, who plan to venture to the mall, stop by Kunu's for lunch or dinner and see what all the fuss is about.

Eric is the son of Luther and Lois Lonetree.

Kunu's Smoke Shack is also located at 5866 North HWY 59, Van Buren, AR 479-434-0263



The Ho-Chunk Nation Motor Vehicle Injury Prevention Program is partnering with the Jackson & Sauk County Sheriff's Departments to increase enforcement and awareness of distracted driving in our communities.

Don't Text & Drive!

Any questions please contact Nicole Thunder at 715.284.9851 ext. 5070 or nicole.thunder@ho-chunk.com

January 20-26, 2013



ONE TEXT OR CALL COULD
WRECK
IT ALL